

Want to know how I did it?

I have been going to Fitness that Fits for the past two years and have had the pleasure of being personally trained by Taylor. She has an incredibly sunny disposition that even when she puts you through 'just one more set', her smile makes you want to try your best. The true test of my improvement was when I recently spent 4 days hiking along one of the Inca trails to Machu Picchu in Peru with my brother-in-law and his daughters – all considerably younger than me, as I am 69 years old. I approached the hike with some trepidation, but once Taylor knew of my trip she concentrated on balance and overall core strength. And as it turned out, another benefit to her approach to Pilates is the importance of deep breathing. The twice a week sessions with Taylor paid off in spades on the trek. At 4,630 meters above sea level (over 15,000 feet) there is so little oxygen that you start to gasp, but in the back of my mind on the way up, there was Taylor's voice saying "breathe deeply and slowly" and that plus the conditioning played a huge part in me getting to the highest point on the trail, a glorious pass between two mountains. The trek down was just as demanding, no longer the lack of oxygen but the steady downward grade around numerous rocks and the dust and scree – the improvements in balance and overall core stability made it possible to keep walking for hours at a time. Certainly the trek confirmed my feeling that I have made meaningful improvements in overall physical fitness. Also I noticed that I have slowly improved over time, my 'stretchability', my range of motion, my recovery time after physical activity, my posture and oh yes, the loss of unwanted body weight! I am doing a marathon length walk this fall which has to be



completed in about 7 hours, something which I would have never considered doing a couple of years ago, but feel that I have a real shot at making it now thanks in a great part to the sessions at Fitness That Fits and especially Taylor's uncompromising exercise routines!

- **Barry Henderson**



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